

Prayer Assessment

In Patricia D. Brown's book, *Paths to Prayer, Finding Your Own Way to the Presence of God*, she invites the reader into forty ways to pray from over 2000 years of Christian tradition.

She writes: "The English word means 'petition,' or 'request.' *Pecari*, the Latin word for prayer means 'to beg.' The Hebrew word for prayer *palal*, means 'to meditate,' and a related Hebrew word-concept, *tsela*, means to bow down....Prayer is all that and more."

Prayer is our way communicating with God, expresses our relationship with God and believing that God is interested in us and loves us. Different ways of praying come to us at different stages in our lives. Our personalities also lend themselves to particular practices. The truth is that many of us struggle with prayer and how to pray and how we can be more connected to God through prayer. In her book, Brown offers a prayer assessment to take to understand how particular prayer practices mean for us and our prayer life. This assessment is being offered with some of the feedback from the book to assist us through the season of Lent to embrace both comfortable and uncomfortable prayer practices.

As you take the Prayer Styles Self-Assessment, the answer sheet instructs you to place a number 1 in the number boxes that coincide with the 40 statements. These need to be statement typical of you. If they are not, leave the box blank or put in a 0. In each column add up with number to discover which style is most compatible with your personality. Yes, you can fall in more than one. This is a tool to help you discern which practices might resonate with you, but experimenting and trying different styles of prayer is the best way to learn and find your preferences.

1. You have knowledge and intellectual skills that help you live a spiritual life.
2. Celebrating traditions and significant occasions is important to you.
3. You are an emotional person who is in touch with the longings of your heart.
4. You are an optimistic and hopeful individual.
5. Spiritual insights come to you as you observe, study, and debate.
6. Your heart soars when you see the beauty of creation.
7. Close, harmonious relationships with friends and family are important to you.
8. You rejoice in new insights, the imagination, creativity, and novelty.
9. You evaluate new teachings in a logical way to determine if they mesh with your beliefs.
10. You look for opportunities to apply your faith in daily life.
11. Your motto is, "What you see is what you get."
12. You spend time contemplating the mysteries of the faith.
13. You appreciate wisdom that can be applied to concrete life circumstances.
14. You like instructions and plans to be orderly.
15. You are invested in helping others and your community grow spiritually.
16. You look beyond the nuts and bolts of what happens to see its deeper importance.
17. Accountability and fairness are important to you.
18. You have a deep appreciation of history.
19. You are inspired by the stories and examples of others.
20. You are beneath the event, story, or practice to find connections and the deeper meaning.
21. Structure and order are important to you.
22. You like to observe others to determine what might work for you.
23. You extend yourself to help others locate their spiritual center.

24. You are able to pull together ideas, occurrences, people, and scholarship to come up with a better idea.
25. You have a logical mind and humble intellect.
26. You are known as a person with a lot of common sense.
27. You hold strong core values and beliefs.
28. You are a creative free spirit.
29. You are a truth-teller with a discerning spirit.
30. You possess strong problem-solving abilities.
31. You are a person of compassion who is sensitive to the emotions of others.
32. You are an optimist.
33. You appreciate order and hold a linear viewpoint.
34. You like to focus on the present day and worry about tomorrow when it comes.
35. Spiritual companions and friends are important to you.
36. You have a great imagination.
37. You are known as a person with clear convictions.
38. You like to look at the practical side of a situation.
39. You have long friendships that connect you to others.
40. You are an independent person with a strong sense of self.

PRAYER STYLES SELF-ASSESSMENT ANSWER SHEET

Place a numeral 1 in any numbered box that coincides with a numbered statement that is typical of you. Place a 0 in any box that does not apply. Add the numbers in each of the four vertical columns and enter the total count for each column separately in the spaces below. A blank space is counted as a zero.

1 _____	2 _____	3 _____	4 _____
5 _____	6 _____	7 _____	8 _____
9 _____	10 _____	11 _____	12 _____
13 _____	14 _____	15 _____	16 _____
17 _____	18 _____	19 _____	20 _____
21 _____	22 _____	23 _____	24 _____
25 _____	26 _____	27 _____	28 _____
29 _____	30 _____	31 _____	32 _____
33 _____	34 _____	35 _____	36 _____
37 _____	38 _____	39 _____	40 _____